

Linda Clair
Five-day Meditation Retreat
Kallara Conference Centre, Australia – June 2019
Transcription from Audio Recordings

File 5b – Wednesday morning guided meditation

Seeing all thoughts as equal is a very difficult thing to do because we tend to think some thoughts are more important than others, some thoughts are deeper than others. But no thought that you have is really deep. You can get deeply into thinking – which really means deeply into your imagination, into your pretend world – but no thought is more worthwhile than any other thought. And that's a very difficult thing to accept because we do think some thoughts are essential.

But if you look closely at what you're doing, ninety-nine percent of the time you don't need to be thinking about it. You can plan things without thinking. You can drive without thinking. You can design something without thinking. So thinking about how to save the world is really no different to thinking about what you're going to have for dinner. But we tend to separate our thoughts into valuable thoughts, or good thoughts and bad thoughts. Thinking is thinking – that's what you need to see, that's what this is all about – it's the movement away from now.

And of course, at the source of all your thoughts is this 'I' thought: "I exist as a separate self." So watch the movement, not what you're thinking about. Watch the thinking, not the thought. No thought is really going to resolve anything. Action is much more powerful than thinking – pure action, spontaneous action where there's no thinking involved. And the most amazing things happen when you're not thinking about it. So catch that movement away from now, from where you are, as soon as you can and come back to the body, back to the breath in the abdomen, deep in the body.